Women's Page

CHARLES AND MARY LAMB

We always think of them together devoted brother and sister as they were. Charles was born in 1775 the son of a poor clerk and when eight years old he was sent to the Blue Coat School or Christ's Hospital. There Mary would come to met her little brother clad as he was in his blue coat uniform. When he was fifteen, a position was obtained for him in a shippng office which position he held for thirty three years. It was wearying detail work and he longed to be free that he might finish his education. But the family was poor and needed his salary. A terrible shadow hung over them for Mary, who was always so thoughtful and unselfish was suddenly seized with mania, and stabbed her mother in the heart, while Charles was in the next room. She had been a most devoted daughter, and so she was judged insane and placed in an asylum. But, when Charles was thinking of entering the University, Mary's reason came back, so he took her home and the rest of his life was devoted to her. Sometimes her mania would return, and then, she would have to go back to the asylum, but in spite of that she read profusely and wrote well. Charles was writing for the papers those delightful essays which were afterwards collected in book form under the title of 'Essays of Elia.' His style was easy and many of these essays often quoted, among them the 'Essay on Roast Pig' and one on 'Gentle Manners.' Charles and Mary had a host of friends among then Coleridge and Fritz Herbert. It is said that Mary loved the former, who was handsome pleasing and attractive, but like many heroines 'she never told her love.' Lamb and Mary conceived the idea of writing the Shakespeare tales in prose, she writing the comedies while he wrote the tragedes.

They are very well told, and are always found among the classic books for children. Finally after thirty three years of service in the shipping compapy, Charles was retired with a pension for life and he had the leisure that he had longed for, but his best work was done during his busy years.

Besides his essays, he wrote many letters to his friends which have been collected. These show what a delightful companion he must have been. It is sad to relate that Charles died years before Mary. She lived to the age of 82, spending much of the time after her brother's death, in writing of him and lauding him to her friends, Such comradeship is rarely seen in the annals of Literature.

CHINESE GARDENS

The Chinese, in developing their gardens, often deliberately add a bit of ugliness for purposes of contrast. A dead tree may be left standing with glowing flowers and shrubs grouped around it. They argue that beauty will thus appear more beautiful.

We should never attempt to bear more than one kind of trouble at once. Some people bear three kinds—all they have had, all they have now, and all they expect to have.

A Cambridge man is impervious to outside suggestions. He knows best. It was a Cambridge don, I feel sure, who figured in Stanley Baldwin's story of the undergraduate and the don. The don said: 'I met your sister last night;' the undergraduate said: 'That was my mother; I have no sister.' The don said: 'I think, on reconsideration, you will find it was your sister.'—Frank Swinnerton.

MY LIFE

My life shall touch a dozen lives
Before this day is done,
Leave countless marks for good or ill
Ere sets the evening sun.
So this the wish I always wish,
The prayer I ever pray;
Lord, may my life help other lives
It touches by the way.

—Unknown

BEAUTY NOTES

If You Mean Business—

Here is a simple posture test. With head erect, chin raised to level, chest high, shoulders evened, abdomen in, hips back and down, heels two or three inches apart and toes pointing straight ahead, stand with your back to a wall. Your head, shoulders and hips should all touch the wall but your heels should be from one to four inches away from the wall. Hold this position as you walk about the room and see how much lighter and more comfortable you feel and how much more graceful you look in your mirror. Well-fitting foundation garments, shoes that have moderate heels and allow the feet plenty of room, and long enough stockings are of course highly important. When you sit, bend the body from the hips not from the waist or shoulders. Allow the back of the chair to comfortably support your back. Try not to drop your chin way down when you read or sew. This position encourages double chins, saggng threats and round shoulders. If you have to lower your head to see your work you probably need glasses or new lenses. Incorrect posture throws the internal organs out of place and may later on cause serious trouble. Deep breathing, singing, dancing, walking, swimming and special exercses tone up the circulation and in doing so help to build graceful, well-balanced bodies.

Controlling Double Chins

If you have already acquired a double chin or two, sleep without a pillow or on a rather flat pillow. A well designed chin strap is always beneficial. Avoid too many sweets and starchy foods.

Neck and throat exercises, massage and astringent lotions will tend to reduce double chins. Before retiring and after you have cream-cleaned your face and neck, stand erect, with hands on hips. Throw your head back as far as it will go. Bend your elbows back, trying to make them touch behind. Now, turn your head slowly from side to side, five or six times. Return head to backward position and, with lips closed, open and shut the jaws several times. After these exercises pat the throat and neck with witch hazel or some other astringent, skin-toning lotion. Next comes the massage. With the fingers of both hands touching at the back of your neck and your thumbs together in front, massage the throat with the humbs in upward, outward motions toward the ears, at the same time massaging the back of your neck with the fingers.

If your skin is dry use plenty of night cream—as much as the skin will absorb. Facial creams will not fatten the underlying tissues. They merely lubricate and soften the skin surface. All normalizing of the contours is brought about by stimulating the circulation of blood in the tissues. Thin, scrawny necks need circulation stimulation, too. Exercise and massage will help to the trick. Building diets and plenty of sleep are also important.

RECIPES

Orange Sponge Cake

Beat the whites of three eggs and 1-4 teaspoonful cream of tartar until stiff. Add the yolks, one at a time, beating well after each addition. Add 1 cup of sugar gradually. Add 2 teaspoons grated orange rind and 1-3 cup of orange juice. Fold in 1 1-3 cups pastry flour, 1 1-2 teaspoons baking powder, and 1-4 teaspoon salt sifted together. Bake in a moderate oven in two pans about 18 minutes.

Apple Sauce Cake

Cream 1 cup sugar and 1-2 cup shortening. Dissolve 1 teaspoon soda in a little hot water and stir this in 1 cup sour apple sauce, letting it foam over into the mixing bowl. Then, add 1 3-4 cups flour sifted with 1 teaspoon cinnamon and 1-2 teaspoon each cloves and nutmeg. Mix thoroughly and then put in 1 cup raisins. Bake in a loaf tin about 45 minutes. This cake is rich moist and most delicious cake.

Ice Cream Cake

1-2 cup butter
1 3-4 cups powdered sugar
1-2 cup sweet milk
5 egg yolks
1 egg white
2 1-2 cups flour
2 level teaspoons baking powder

Cream butter and sugar together, add beaten yolks of eggs, mix thoroughly, add sweet milk. Lastly add flour to which baking powder has been added, then the egg white stiffly beaten. Bake in moderate oven.

Filling—Dissolve one tablespoon of gelatin in one tablespoon of cold water and stir in int one cup of boiling milk. Add two tablespoons of sugar and set aside to cool. Whip one pint of ice cold cream previously sweetened and flavored with vanilla, add the gelatin mixture. Blanch and chop one pound of almonds and stir into the cream and put very thick betwen layers.

HOUSEHOLD HINTS



By ETHEL M. HUNTER

Home Economist Eastern Shore Public Service

SPICE CAKE

4 eggs well beaten
1 C Milk (heated)
1 t Vanilla
2 t Baking Powder
1 t Cloves (ground)
1-2 t Nutmeg (ground)
2 C Sugar
1-8 lb. Butter (heated)
2 C Flour (cake flour sifted before measuring)
2 t Cinnamon (ground)

Beat Eggs thoroughly gradually adding Sugar. Continue beating until light. Add Butter and Milk which have been heated to boiling point, but do not boil. Mix the dry ingredients, (Flour, Baking Powder, and Spices), and add to the milk mixture. Then add Vanilla. Though this mixture will seem very thin, do not attempt to add more flour. Bake in 2 nine-inch deep cake tins at 400 degrees for 30 to 40 minutes. Use plain icing.

GALENA

The Ladies of St. Dennis R. C. Church cleared at their annual supper last Wednesday about $150.

A Cootie Party was held last Friday night at the home of Mr. and Mrs. Andrew Wilson for the benefit of the West Minister Presbyterian Church in Georgetown, Md. Mrs. Lydia Luff, formerly of Massey, Md., now Supt. of Dr. L. Jones Hospital, Wilmington, Del., won the quilt chanced off by the Society.

Mr. William Johnston, of Philadelphia, Pa., spent the past week end with his parents, Mr. and Mrs. Frank Johnston.

Mrs. Katherine Ahern and daughter Kay Heighe, of Baltimore, Md., spent last Sunday with her parents, Mr. and Mrs. L. R. Vansant.

Mr. and Mrs. Joseph Craddock and family, of Prespect Park, Pa., spent several days last week with her sister, Mrs. Irving Spry near Galena, Md.

Mrs. Jesse E. Ireland is spending some days with friends in Baltimore, Maryland.

Mr. Irving Vansant, of Wilmington, Del., is spending this week with his brother, Mr. L. R. Vansant.

Mr. and Mrs L. R. Vansant entertained at dinner last Sunday, the following guests, Mr. Irving Vansant, Mr. William Weller, of Wilmington, Del., Mr. Raymond Sutton and Mrs. Kay Ahern and little daughter, of Baltimore, Md.

Miss Martha Whitaker, of Chestertown, spent Sunday with her sister, Mrs. G. Ernest Hicks and Mr. Hicks.

Dr. and Mrs. E. A. Scott entertained at dinner last Sunday, in honor of Mr. Alfred Walsh and Miss Geneive Cochran.

Mrs. Lula Gale returned home on Sunday after spending several days near Chesapeake City with her daughter, Mr. and Mrs. Samuel M. Caldwell.

Messrs. Jack Newnam and Thomas Massey enjoyed the Foot ball game at Annapolis on Saturday.

Misses Mary and Eva McCauley and Mr. Edward Kruzer, of Philadelphia, spent the week end with Mrs. Eva McCauley.

Mr. Ernest Towler, of Wilmington, visited his brother, Mr. and Mrs. William B. Towler and son over the week end.

Mr. and Mrs Roger Williams, of near town spent several days last week at Millsboro, Delaware, and while there attended the funeral of Mrs. William's uncle, Dr. Joseph K. Frame on Monday.

Miss Bernice Horsey and friend, student nurses at Homeopathic Hospital Wilmington, were week end visitors with the former's parents, Mr. and Mrs. P. Keene Horsey.

Miss Geneve Cochran spent a few days last week with her brother, Mr. Bernard Cochran in Philadelphia, Pa., her mother, Mrs. Wilson Cochran, returned with her after spending several weeks with her son and family.

Mr. and Mrs. Clifton Mulford, of Salisbury, Md., returned home on Sunday after spending a few days with his parents, Mr. and Mrs. James Mulford.

Mr. and Mrs. Victor Stevens, of Baltimore, Md., were week end guests of her parents, Mr. and Mrs. Elmer Jarman.

Mr and Mrs. Morris Price and family and Mrs. Effie Price, of Philadelphia Pa., visited Mrs. Price's mother, Mrs. S. Catherine Smith on Sunday, Mrs. Smith remains very sick.

Dr. and Mrs. G. W. Zieders, of Baltimore, Md., enjoyed the week end with Mrs. Zeiders parents, Dr. and Mrs. Edward Scott.

Mr. and Mrs. W. T. Colgain, of Wilmington, spent one day last week with Mrs. Colgain's sister, Mrs. John Bramble and Mr. Bramble.

Miss Adelaide Powell entertained at her home near town on Friday evening in honor of Miss Frances Williams who will soon leave Galena High School for the new home near New London, Pennsylvania.

KENNEDYVILLE

Mrs. W. S. Hurlock has been quite sick this week. Mrs. Mollie Archibald is with her.

Mr. and Mrs. Vernon Fowler and children are visiting relatives in Philadelphia.

The Lades Aid Society met at the home of Mrs. William Cleaver on Friday evening.

Mr. and Mrs. James Groves entertained the Mite Society on Wednesday evening.

Mr. Homer King, Harry Walls Theadore Dempsey and Mr. Howard Johnston will leave for Florida next week where they expect to spend the winter.

Mrs. Maggie Clark, of Betterton, is visiting her sister, Mrs. Howard Clendaniel.

Mrs. Greenwood, of Still Pond spent Tuesday with the Misses Scotten.

The Card Party held in the school house on Monday evening was quite a success. $19.50 was cleared. Mrs. Clarence Kelley won the cake donated by Mrs. Catherine Groves.

There will be a special Thanksgiving service in Grace Presbyterian Church Sunday evening 7 o'clock.

Rev. Robert Howard, of Princeton, N. J., will deliver the sermon. All members and friends are requested to bring contributions of canned goods vegetables fruit, etc., after the service, the committee appointed will dispose of them.

Mrs. Harvey Hopkins has returned home from Easton hospital very much improved.

Rev. Henry Caldwell and wife, of Felton, Del., visited relatives here on Wednesday.

Mr. and Mrs. Lin Redmile spent Saturday in Batlimore.

Mr. and Mrs. George Johnston and son, Howard, Mr. Thomas Johnston and wife.

Mr. and Mrs. James Weer and children and Billy Fogwell spent Sunday with Mr. and Mrs. Nathaniel Johnston, near Mddletown, Del.

Mr. and Mrs. Warner Garey and children were Sunday guests of Mr. and Mrs. William Anthony in Locust Grove.

Mr. and Mrs. Joe Oliff and son, of Worton Point, visited her mother, Mrs. Pearl Walls on Saturday.

Mrs. James Archibald is spending this week in Wilmington, Del.

Mrs. Walter Hill and daughter, Margaret Ann and Mrs. W. S. Hurlock visited Mrs. Ada Hitch at Queenstown on Saturday.

Mrs. Lin Redmile entertained the Woman's Club on Thursday afternoon.

MARRIAGE

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